

Women Infants Children

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cdhd.idaho.gov

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The WIC Informer

Idaho WIC Program: Income Eligibility Guidelines

Policy:

Effective July 1, 2006

Income eligibility is determined by comparing the family's gross income against the *Income Eligibility Guidelines* below. If the family income is equal to or less than these guidelines, the family is income eligible. Income information is good for 30 days from the date of documentation.

Household Size	Monthly Income	Household Size	Monthly Income
1	\$1,511	9	\$5,705
2	\$2,035	10	\$6,229
3	\$2,560	11	\$6,753
4	\$3,084	12	\$7,277
5	\$3,608	13	\$7,801
6	\$4,132	14	\$8,325
7	\$4,656	15	\$8,850
8	\$5,180	16	\$9,374

A pregnant woman is counted as two when determining household size.



Model Healthy Habits:

All family members should evaluate their calcium intake and consider three servings of dairy a day (4 for adolescents) for building stronger bones. A serving is 8 ounces of milk, 1 ½ ounces of cheese or 8 ounces of yogurt.

Be Active:

Encourage physical activity, primarily weight bearing exercises, as part of an overall healthy bone program.

Kids & Calcium

Did You Know?

According to USDA statistics, 60 to 90 percent of children and teens fall short of current calcium recommendations, yet nearly half of all bone mass is formed during adolescence. Seven out of 10 boys fall short on calcium and 9 out of 10 girls!

Do the Dairy, Not the 'Dew'

Adolescent girls ages 9-14 who consumed more dairy weighed less and had less abdominal fat. The same study concluded that higher soda intake among girls of this age was associated with greater body weight. Researchers found decreasing soda consumption and adding an extra serving of dairy a day (8 oz. of milk, 8 oz. of yogurt, or 1 ½ oz. of cheese) was associated with lower body fat.¹

¹Novotny R., et al. Dairy intake is associated with lower body fat and soda intake with greater weight in adolescent girls. *Journal of Nutrition*. 2004; 134(8):1905-1909.

The WIC Program
is an equal
opportunity provider
and employer.



According to the Idaho Dairy Council these are the recommendations for Adequate Dietary Calcium Intake (mg/day) and servings of dairy per day:

Age	Calcium Intake mg / day	Servings of dairy per day
1-3	500	3
4-8	800	3
9-18	1300	4

Clinic Locations & Hours

Ada County

Central District
Health Department
707 N. Armstrong Pl.
Boise, Idaho 83704
Tel (208) 327-7488
Fax (208) 321-2243

Clinic Hours:

Mon 8:00-6:00
Tues 8:00-6:00
Wed 8:00-7:00
Thur 8:00-6:00
Fri 8:00-5:00

Boise County

Contact Ada County Office
to schedule an appointment
Tel (208) 327-7488
Fax (208) 321-2243

Elmore County

Mountain Home
Health Department
520 E. 8th Street
Mountain Home, Idaho 83647
Tel (208) 587-4409
Fax (208) 587-3521

Clinic Hours

Mon – Fri 8:00-5:00
1st & 3rd Wed. 9:00-6:00

Mtn. Home Air Force Base
Consolidated Support Center
Building 2610
Tel (208) 587-4409

Valley County

McCall Health Department
703 N. 1st Street
McCall, Idaho 83638
Tel (208) 634-7194
Fax (208) 634-2174

Office Hours

Tues & Thurs 8:00 – 4:30

*Clinics closed on
all government holidays*



Just Say No To Sprouts

Sprouts may seem like a healthful addition to stir-fries, salads and sandwiches, but they are some of the riskiest foods around. The last 10 years has seen more than 1,600 people in the U.S. become ill from eating raw or lightly cooked sprouts, including alfalfa, clover and mung bean sprouts.

During that time, sprouts accounted for an astounding 40 percent of all major food borne outbreaks traced to fresh produce, according to the Food and Drug Administration. *Salmonella* and *E. coli* 0157:H7 were often the culprits.

Despite efforts by government and industry to improve sprout safety, contamination has not decreased, often because the seeds themselves are contaminated. Plus the typical moist growing conditions only encourage bacterial growth. The FDA warns: Don't eat sprouts of any kind.

Environmental Nutrition, June 2005, p4

Getting Off To The Best Start With Breastfeeding

Breastfeed right after your baby is born! It is ideal to breastfeed within the first hour or two after delivery. Early, frequent breastfeeding helps baby to learn to breastfeed and stimulates milk production.

Hold your baby close and snug turned towards you. Good positioning will make it easier for baby to latch.

Tickle your baby's nose or cheek with your nipple. When his/her mouth opens wide place your baby on your breast starting with his/her lower lip and chin. Baby should have a mouthful of breast if the latch is deep and the mouth is wide.

Support your breast with your hand if it is more comfortable or makes it easier for your baby to breastfeed. Make sure you place your thumb and fingers back away from the nipple area.

Offer both breasts at each feeding. It is okay if your baby is full after one breast and refuses the second breast. If your baby only wants to feed from only one breast, then offer the other breast first at the next feeding.

Learn comfortable breastfeeding positions. Breastfeeding should be a relaxing experience for both mom and baby.

If you have questions or concerns, get help from a lactation counselor, midwife, WIC, nurse or an experienced breastfeeding mom.

Avoid introducing bottles and pacifiers until your baby is at least one month old or older. Breastfeeding provides all of the nutrients a suckling baby needs. Research shows breastfeeding problems are less likely to occur when bottles and pacifiers are not introduced during the early weeks. Unless mom has to be separated from baby because of work, school, etc., it's best to breastfeed.

Enjoy this special time with your baby. Celebrate that you are making the very best choice for feeding your baby!



Preventing Pain: Preventing Early Childhood Caries

Dental caries, or the demineralization of the teeth, is an infectious disease. Parents and caregivers should work to prevent Early Childhood Caries (ECC.)

The first step is reducing a mother's cavity-causing bacteria (*Streptococcus mutans*.) That will limit the amount of bacteria that is passed onto her baby.

To reduce the risk of ECC, parents and caregivers should:

- **Never share a spoon or food, or lick off a pacifier**
- Never put a baby or child to bed with a bottle
- Introduce a cup by 6 months of age; encourage transition from bottle to tippy cup or a small cup by 12 months of age
- Limit sugar consumption
- Check with the doctor about fluoride supplements
- For infants and children up to age 2 years, clean their teeth daily with a small toothbrush or a moist clean cloth
- For children ages 2 to 7 years, clean their teeth daily with a toothbrush and a smaller-than-pea-size amount of fluoridated toothpaste
- Monthly lift your child's lip to look for decay on the outside and inside surfaces of the 4 upper front teeth



Five “Peas” to Raising a Veggie-Loving Child

Promotion:

Placing vegetables up front and center increases the likelihood that they will be eaten. Always keep plenty of cleaned, ready-to-eat vegetables at eye level in the refrigerator. In the late afternoon (when kids are super hungry), set out a bowl of pea pods, baby carrots, grape tomatoes or broccoli florets on a table or area nearby the children.

Persistence:

Even if you have an ironclad vegetable-resistant child, it's important to continue to serve vegetables at the family table. It sometimes takes over 10 exposures to a new food for a child to muster up the courage to try it. NOTE: Don't force the issue, though. When you force a “bite” or two, it actually makes a child more resistant to trying new foods. Continue to set the example by eating vegetables yourself.

Personalize:

Try serving vegetables in a variety of ways. Some kids like them fresh and crunchy while others prefer them lightly steamed. Mixed dishes such as vegetable soup, stir fry dishes, spinach lasagna and burritos served with fresh salsa are more appealing to some children.

Plant some:

Gardening is perhaps the best way to get kids interested in trying new vegetables. Assign children a small plot in the yard and let them choose which vegetables to plant. Kids take pride in the food they grow and will enjoy sampling their harvest.

Produce storybooks:

There are a lot of fun children's books with an “eating vegetables” theme. Children have fun hearing/reading these stories while they hear positive messages about eating vegetables.

Recipes

Peanut Butter Cereal Treats

4 cups of your favorite WIC breakfast cereal
½ cup light or dark corn syrup
½ cup peanut butter
½ cup sugar

1. Line 8 or 9-inch square baking pan with plastic wrap. Pour cereal into large bowl.
2. In medium saucepan, combine sugar and corn syrup. Stirring occasionally, bring to boil over medium heat and boil 1 minute. Remove from heat.
3. Stir in peanut butter until smooth. Pour over cereal; stir to coat. Press evenly into pan.
4. Cool about 15 minutes. Invert onto cutting board; remove plastic wrap. Cut into bars.

Jumpstart Your Day with a Healthy Breakfast

Patriotic Parfait

Crumble a small bran muffin in a bowl and top with a cup of low-fat vanilla yogurt, a ½ cup of blueberries and strawberries and chopped walnuts.

Seasonal Sensations

Top a bowl of whole-grain cereal and milk with your favorite seasonal fruit.

Morning Mocha

Mix of cup of reduced-fat milk with a teaspoon of instant coffee and cocoa for a morning pick me up.

From National Dairy Council

Sweetened Beverage Consumption Depleting Childhood Nutrition

By: Aura Brink, ISU Dietetic Intern

In the United States, nearly 35% of our children are overweight or obese. Science is quickly linking increased intake of sweetened beverages to concerns about children's health. These concerns include everything from bulging bellies, bone weakening, caffeine dependence, and tooth decay.

Drinking large amounts of sweetened beverages leads to unbalanced food intake and a large increase in sugar intake. These beverages are a huge source of empty calories. Extra calories, especially empty calories, can lead to an increase in childhood obesity.

Children grow quickly so it is important to give them healthy foods and drinks. Sweetened beverages, including soda, offer little but empty calories. They often replace more healthy options like milk. Not only do sweetened beverages lead to a lower intake of milk but their use also decreases the intake of calcium, phosphorus, folate, vitamin A, and vitamin C.

Most people think that soda is the only guilty party but fruit juices are also sugar-loaded and full of empty calories. Fruit juice intake has risen in the past few years because it is offered as a substitute to soda. But in reality fruit juice is a close relative to soda and should be given only in small amounts. **Fruit juice** should be limited to no more than **4 ounces a day for children** so it doesn't replace healthy foods in a child's daily food intake.

Are You Disaster Ready?

The time to prepare for a disaster is BEFORE it happens. Beginning with this issue, we will be sharing some tips on preparing for a disaster before it happens.

- Does your family have a disaster plan? Have you practiced your plan?
- Do you have a disaster supply kit for your family?
- Have you designated and shared with friends and family a "meeting" place and central point of contact should your family be separated during a disaster?
- Have you discussed disasters and preparation with your children and shared information on common disaster?
- Have you shown your small children pictures of emergency workers common to disasters? (such as workers in uniforms, in fire suits, and workers wearing protective face gear.)
- Have you made plans for your pets?

Hopefully this will help you to start thinking about some areas that you can work on in your family.

For more information go to: www.redcross.org • www.fifionline.org • www.fema.gov/plan/index.shtm